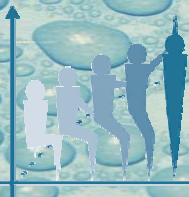


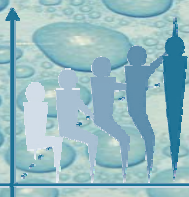
# Aquatic therapy classes Offered at



**Santa Maria Valley**  
PHYSICAL THERAPY GROUP

Please call  
(805) 928-8257  
for enrollment information

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"Our 10 ft. X 20ft., 92 degree heated therapy pool"

### *Rheumatoid & Osteoarthritis*

*Arthritis is debilitating. We can design a program of both land - and aquatic-based exercises for each affected joint that may be troubling you. Through our programs - and a home program that we can create for you - you can restore motion, reduce pain, and improve function of bothersome joints.*

CLASSES TAUGHT BY CERTIFIED INSTRUCTORS

## CLASS SCHEDULE

### MONDAY

7 AM, 8 AM, 12 NOON, 1 PM, 4 PM

### TUESDAY

8 AM, 12 NOON, 1 PM, 4 PM

### WEDNESDAY

7 AM, 8 AM, 12 NOON, 1 PM, 4 PM

### THURSDAY

8 AM, 12 NOON, 1 PM, 4 PM

### FRIDAY

7 AM, 8 AM, 12 NOON, 1 PM, 4 PM

**\$35 for 2 days/week**

**\$45 for 3 days/week**



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